

Carver nires new golf coach





Nurses unite for common cause

-See Page A2



G'boro man wins driving honor

See Page A4



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Vol. XXXVI No. 19 -

WINSTON-SALEM, N.C.-

THURSDAY, January 7, 2010

Sharon Cunningham leads a health and fitness class at a

2010 fitness goals obtainable for all, specialists believe

THE CHRONICLE

New Year's is a time for new beginnings, and for many in the Triad community and beyond, the dropping of the ball in Trmes Square last week was like the gunshot at the start of a race to become healthier. Weight loss and fitness are goals that are often reflected in New Year's resolutions, and having the right approach is the key to success in these areas.

local fitness special-



Shirese Moore of the Winston Lake Family YMCA.

Sharon Cunningham. an American Airlines flight attendant and fitness specialist, has owned her own company, UFit2, for the last two decades. In Cunningham. native of Winston-

Salem, has helped countless souls gain fitness, physical. through her exercise classes and one-onone personal training sessions.

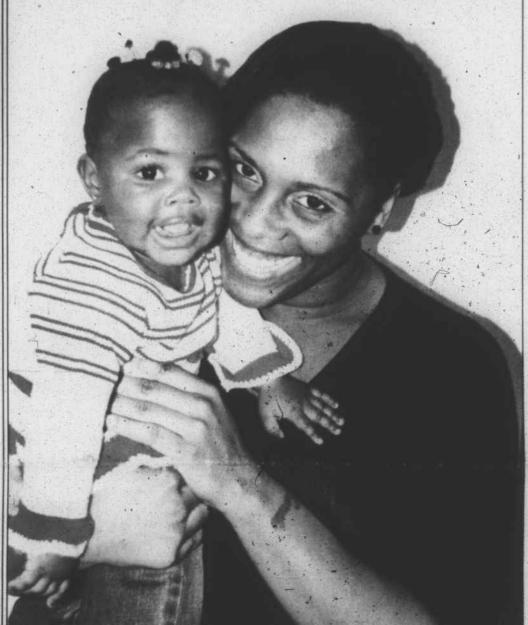
Making short term, attainable goals assessing progress appropriately can help guard fitness newcomers from

disappointments that could lead to giving up, said Cunnningham, who turned her company into a nonprofit two years ago to aid underserved populations. Measuring in inches, not pounds, is the best way to judge progress, especially during the early stages of adopting a weight loss program, she said.

"The scale is not a good indication of what's going on with your body," Cunningham stated. "The numbers will vary especially with women; we'll get heavier before we get smaller. That's the reason why a lot of people quit."

See Fitness on A5

County has new tool to fight infant mortality



Candis Boykins with her baby girl, Deztini .

THE CHRONICLE

Even now when Candis Boykins looks at her 10 month old baby girl, Deztini (pronounced "Destiny") Hall. she still can't believe she's a mother.

"(To say) 'I have a baby,' it still sounds funny to me." said Boykins, whose previous pregnancies ended with heartbreak.

She had several stillborn births and delivered a baby prematurely that lived for only three hours and 57 mm utes before leaving this world. With none of her pregnancies lasting beyond 21 weeks, she was almost ready to give up on her dream of being a mother.

But Boykins was one of a growing number of women who receive weekly injections of the drug 17 alphahydroxyprogesterone caproate or 17P to help carry their babies for a fuller term.

While on 17P, Boykins carried Deztini for 34 weeks. Although was not the standard 37 weeks recommended for a healthy pregnancy, it was long enough for the baby to gestate. Deztini came in at a healthy three pounds and 6.9 ounce:

"Honestly, without (17P), I don't think I'd have her, said Boykins, looking at her energetic little girl.

Health officials in Forsyth County, which has long car-

See 17P on A9

THE LIGHT AT 'THE LIGHT'

The voice of Anita "Boss Lady" Dean is well-known to Triad gospel lovers. She hosts a popular Sunday morning show on 1340 The Light AM (1400 AM-Greensboro), and is known and admired for her love for her fans and her faith in God. Read more about Dean on page



Photos by Layla Farme

Rep. Earline Parmon and City Council Members Derwin Montgomery and James Taylor listen to Milton Rhodes talk about the new arts hub.



COMING ATTRACTION

VIPs get tour of new arts center

BY LAYLA FARMER

THE CHRONICLE

U.S. Rep. Mel Watt was among a handful of state and local politicians to get a sneak peak at the progress of the Downtown Center on Marshall Street Tuesday afternoon. The pride and joy of the Arts Council of Winston-Salem and Forsyth County, the multimillion dollar renovation in the former Sawtooth Center building is slated for completion in September 2010.

The result of a wealth of public and

See Tour on A10



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